Glucose Log

Revere Health OB/GYN

Name:_____ MRN:_____

Recommended daily target blood glucose levels for most women with gestational diabetes are:

Fasting (first thing in the morning) : 95 or less

1 hour after eating breakfast, lunch and dinner : 140 or less

2 hours after eating breakfast, lunch, dinner : 120 or less

Date	Fasting	After Breakfast	After Lunch	After Dinner